

## Pelvic Steam Medicinal Plants

### Lemon Balm

#### *Melissa officinalis*

(Lamiaceae) Mint family. Hums with bee activity, reflecting the gift to soothe nerves. In steams, lubricates (mucilage) & grounds the pelvis, reduces itchiness. Anti-viral & anti-bacterial.

### Marshmallow

#### *Althaea officinalis*

(Malvaceae) Mallow family. Many varieties of marshmallow but *Althaea officinalis* most medicinal.

Great benefit to mucus membranes; soft tissue that lines digestion, respiratory & reproductive organs. A demulcent (relieves irritation), soothes dry vagina, mucilage, lubricates, moistens.

### Oregano

#### *Origanum vulgare*

(Lamiaceae) Mint family. Decrease inflammation, reduce viral & bacterial infection, antiseptic, anti-microbial. Nourishes pelvis via analgesic qualities, a.k.a, relieves varying types of pain, uterine stimulant.

### Basil

#### *Ocimum basilicum*

(Lamiaceae) Mint family. Supports diarrhea, constipation, gently nourishes kidneys. An anti-inflammatory helps with general pain, digestive disorders, antibacterial properties, spiritual cleanser. Cinnamonic~ an acid within basil, aids circulation, respiration, blood sugar levels.

### Cornflower

#### *Centaurea cyanus*

(Asteraceae) Daisy family. Increase micro circulation, reduce water retention. Often used for menstrual ailments & vaginal infections, by calming irritation & reducing puffiness.

### Rose

#### *Rosa damascene*

(Rosaceae) Rose Family. Reduce dryness, anti-inflammatory, soothes tissues, mucilage, lubricates, demulcent (relieves irritation). Helps with abdominal pains, menstrual bleeding, digestive challenges, constipation, heartsong strengthener.

### Marigold

#### *Tagetes*

(Asteraceae) Daisy family. Aztecs cultivated the flower in what is now Mexico before Portuguese traders brought it over to India in the 16th century. Marigolds, both French and African, are indigenous to Mexico & Guatemala.

Antiseptic, anti-inflammatory, anti-pyretic (prevents, reduce fever), anti-microbial. Also, a cooperative mushrooming vibration. Supporting & nourishing for most conditions~ specifically dysmenorrhea.

### Pansy or Heartease

*Viola tricolor var. hortensis*

(Violaceae) Violet family. Purify blood, stimulate micro circulation, soothes irritation, mucilaginous properties, anti-allergen, like rose delicately nourishes heart by way of pelvic root calm.

### Dulse

*Palmaria palmata*

Palmariaaceae family of algae

The Seaweed Herbal Witch recommends adding dulse for folks experiencing PCOS, fibroids, endometriosis, cysts. It gently scrubs the endometrial lining & pulls debris from tissues.

*Rusty Moon Botanicals*

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